# Study links heavy screen time to ADHD symptoms and brain changes in kids

11/25/2025 // Cassie B. // **400** Views

Tags: adhd, badhealth, Big Tech, Brain, brain function, brain health, Censored Science, culture wars, Dangerous, development, Glitch, longevity, mental, Mind, mind body science, research, screen time

- Heavy screen time is linked to a higher risk of ADHD in children.
- It is also associated with measurable abnormalities in brain structure.
- These brain changes include a smaller cortex and a smaller right putamen.
- Excessive screen exposure may contribute to a delayed brain maturation pattern.
- The research underscores the need for a cultural shift away from screen-saturated childhoods.

In an era where digital devices are handed to children as pacifiers, educators, and entertainers, a sobering new study delivers a much-needed warning to parents. Groundbreaking research has found that heavy screen use in children is linked to a higher risk of developing attention problems and is associated with subtle but measurable abnormalities in brain structure. This isn't just about behavior; it is about the very architecture of the developing brain.

The study, published in *Translational Psychiatry* and led by researchers from the *University of Fukui* in Japan, analyzed data from nearly 12,000 children. Scientists discovered that longer screen time at ages 9 and 10 predicted more severe symptoms of attention-deficit/hyperactivity disorder (ADHD) two years later. The research also identified physical changes in the brain, including a smaller cortex, the outer layer crucial for attention and higher-level thinking.

## The brain structure connection

The findings provide some of the first large-scale evidence linking digital habits directly to brain development. The study used data from the massive Adolescent Brain Cognitive Development study, tracking children over a critical two-year period.

Researchers found that higher screen time was associated with a smaller total cortical volume. This reduction in gray matter partially explained the connection between screen time and more severe ADHD symptoms. The study also linked screen use to a smaller right putamen, a brain region involved in reward processing and addiction.

## A developmental domino effect

The research went beyond a single snapshot in time, revealing how screen time impacted brain development. After two years, children with more screen exposure showed hindered development of cortical thickness in specific regions vital for cognitive functions like attention, working memory, and language processing.

"These findings suggest that screen time is associated with ADHD symptoms and brain structure, as well as their development," the researchers stated. They suggest that excessive screen exposure may contribute to a delayed brain maturation pattern often observed in children with ADHD.

This new research adds to a growing body of evidence highlighting the profound damage inflicted on children by a screen-saturated lifestyle. A multi-university study from Japan published in *JAMA Pediatrics* previously underscored significant risks for one-year-olds, finding that increased screen time led to more pronounced developmental delays in communication and problem-solving.

## The bigger picture of a toxic childhood

The issue extends far beyond attention spans. Accumulating evidence has continued to highlight the harm from a competitive, consumer-driven lifestyle heavily reliant on screens. Research from King's College London by Michael Shayer revealed that children's cognitive abilities had significantly declined between the 1970s and 2000s, showing what he termed a "large anti-Flynn effect." The combination of sedentary screen-based entertainment at home and an overemphasis on pencil-and-paper work in schools has left children deprived of firsthand experiences essential for real understanding.

The consequences are visible in declining mental health. A 2006 report from the Institute of Public Policy Research labeled British teenagers the most antisocial in Europe, ranking high on measures such as drug use, violence, and promiscuity.

While the study does not prove screen time directly causes ADHD or brain changes, and the observed differences were modest, the correlation is undeniable. It joins a chorus of scientific concern about how modern digital life is reshaping childhood development.

The solution will not be found in simply blaming parents or teachers, but in a cultural shift that recognizes the biological needs of the developing child. As this and other studies suggest, the freedom to explore the real world, not a digital one, may be the most vital nutrient for a healthy, growing brain. The choice to unplug could be the most empowering act of parenting in the 21st century.

**Sources for this article include:**

ChildrensHealthDefense.org

StudyFinds.org

NeuroscienceNews.com

Nature.com

**ASK BRIGHTU.AI**

Ask our Brightu AI engine anything about this article or its topics Submit

Powered by Brightu.AI. Check out our prompting guide and video tutorials today.

**RELATED TOPICS**

ADHD BADHEALTH BIG TECH BRAIN BRAIN FUNCTION BRAIN HEALTH CENSORED SCIENCE CULTURE WARS DANGEROUS DEVELOPMENT GLITCH LONGEVITY MENTAL MIND MIND BODY SCIENCE RESEARCH SCREEN TIME

Stock up on Highly Bioavailable,
NON-GMO VITAMIN C
from a vendor you can trust!
- Chief Originals® Non-GMO Pure Vitamin C Powder and capsules
- Groovy Bee® Non-GMO Buffered Vitamin C Powder
- Lab tested for glyphosate, heavy metals and microbiology
SHOP NOW >

## LATEST NEWS

11/25/2025 / By Ava Grace

### Global oil prices drop to multi-month lows amid optimism for a Russia-Ukraine peace deal

11/25/2025 / By Zoey Sky

### Report: Israel's war in Gaza depletes NATO's vital explosive reserves

11/25/2025 / By Ava Grace

### EU insists its "content agnostic" Digital Services Act lines up with fundamental rights, but critics beg to differ

11/25/2025 / By Cassie B.

### Meta buried anxiety and depression research as employees called themselves "drug pushers," lawsuit claims

11/25/2025 / By Ava Grace

## Silent invasion: The unchecked rise of AI toys

11/25/2025 / By Patrick Lewis

## Turning pandemic waste into plastic pollution solution: Scientists convert disposable masks into plastic-eating nanotech

## RELATED NEWS

11/25/2025 / By Cassie B.

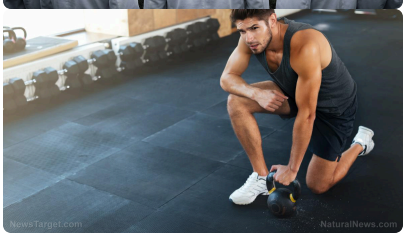
## Meta buried anxiety and depression research as employees called themselves “drug pushers,” lawsuit claims

11/25/2025 / By Patrick Lewis

## Turning pandemic waste into plastic pollution solution: Scientists convert disposable masks into plastic-eating nanotech

11/25/2025 / By Mike Adams

**Allopathic Doctors Have Killed More People Than TEN Holocausts**

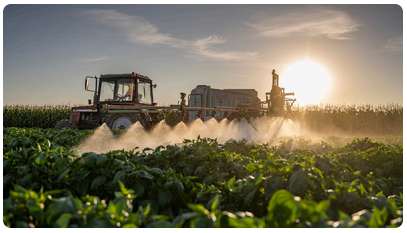


11/25/2025 / By Cassie B.

**Hidden belly fat linked to older-looking brains while muscle mass keeps brains young**

11/25/2025 / By Cassie B.

**A generation in crisis: Cognitive disability nearly doubles in adults under 40, study finds**



11/25/2025 / By Jacob Thomas

**Herbicide containing FOREVER CHEMICAL set for approval despite worsening food and water contamination**

## 0 COMMENTS

**Please sign in with your Brighteon account to leave comments**

Not a user, Create your FREE account today.
Learn more about our new comment system.

Sign In Sign Up

# TAKE ACTION:

Support Natural News by linking to this article from your website.

**Permalink to this article:**

https://www.naturalnews.com/2025-11-25-study-screen-time-adhd-brain.html Copy

### Embed article link:

<a href="https://www.naturalnews.com/2025-11-25-study-screen-time-adhd-brain.html">Study links heavy screen t Copy

### Reprinting this article:

Non-commercial use is permitted with credit to NaturalNews.com (including a clickable link).
Please contact us for more information.


## FREE EMAIL ALERTS

Get independent news alerts on natural cures, food lab tests, cannabis medicine, science, robotics, drones, privacy and more.

Enter Your Email Address

We respect your privacy

Download on the App Store | Install for Android | AI Powered by Brighteon.AI

This site is part of the Natural News Network © 2022 All Rights Reserved. Privacy | Terms All content posted on this site is commentary or opinion and is protected under Free Speech. Truth Publishing International, LTD. is not responsible for content written by contributing authors. The information on this site is provided for educational and entertainment purposes only. It is not intended as a substitute for professional advice of any kind. Truth Publishing assumes no responsibility for the use or misuse of this material. Your use of this website indicates your agreement to these terms and those published here. All trademarks, registered trademarks and servicemarks mentioned on this site are the property of their respective owners.